

# WOW News



## Body in Motion

"We are what we repeatedly do."

(Aristotle)

Ponder this for a moment. Now insert 'I' for we and say: "I am what I repeatedly do." Hummmm.....



We know that **regular physical activity 30+ minutes on most days is very healthy for us.**

What will it take to motivate you? Do you have habits that are hurting your health? Will you wait until you can no longer function at your job, or no longer are able to do things with your family before you start to make lifestyle changes? Will it be too late?

"Understanding the common barriers to physical activity, and creating strategies to overcome them may help you make physical activity part of your daily life," says the Center of Disease Control. Exercise is boring; don't have time; lack motivation; no immediate results; and the list goes on.

The truth is, there's not a right time to start being physically active. So why not **start NOW** and **WOW**—work on your wellness.

Make exercise a reality for you. Visit the [National Nutrition & Physical Activity](#) website for ways to overcome the barriers to exercise.

Discover the **JOYS of walking**. If you have not yet purchased a **pedometer**, do so. Clip it on each morning, and start walking "10K-a-Day" (10,000 steps). Experience the energy and health in walking.

October 2003

Click below for discount info:



**Pedometer Discounts:**

Dunhams

Gander Mountain

New Balance

Playmakers

MC Sporting Goods

**Fitness Club Discounts**

## Walk to School Day

On Wednesday, October 8, 2003, hundreds of Michigan schoolchildren will start their day with an early morning walk to school through the *Walk to School Day* program sponsored by the Governor's Council on Physical Fitness, Health and Sports and the Michigan Department of Community Health.

For more information call 1-800-434-8642 or register online @ [www.michiganfitness.org](http://www.michiganfitness.org).



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## "Family" Health Month

**Celebrating** the "family" is and can be a very "healthy" experience and a "wise" investment.

As a parent set a good example and:

- spend time **together**,
- talk **together**,
- eat meals **together**,
- and engage in activities **together**.
- **Let them hear you say often, "I love you."**

"The importance of family time/family involvement is an effective way to reduce youth substance abuse and raise healthier children" says the National center on Addiction and Substance Abuse.



How can you find "family time"?:

1. Cut out all but a few quality activities. If kids/parents are overbooked after school, it adds pressure to each family member.
2. Create relaxing times together; a walk in the park; playing catch in the backyard; riding bikes.
3. Get everyone involved in everyday tasks; setting the table; making [lunch boxes](#); cutting up the vegetables for the dinner salad. Working together encourages conversation and closeness.
4. **Make time together as a family a priority.**
5. Cut out one TV show each night, and you have time for the family. (or don't turn the TV on!)
6. Bring the [family together at dinner time](#). Various studies have shown that "the more often children eat dinner with their families, the less their chance of engaging in risky behaviors."

[Eating dinner with your family](#) is  
"One Habit That Prevents  
Another".



**FIGHT CHILDHOOD OBESITY AND ITS RESULTING DIABETES, HEART DISEASE, CANCER, AND ULTIMATE PREMATURE DEATH by being a positive role model for your family:**

- Eat balanced meals; helps you to say "no" to junk foods.
- Eat in moderation; no "supersizing".
- Eat a variety of foods.
- Eat [5-9 fruits & vegetables](#) each day; drink 100% juices, not pop.
- Encourage activities to keep the family "[physically active](#)" [everyday for 30-60 minutes](#). The "key" is to find activities they like, find fun, & gets them moving.
- Make "family time" a priority in your lives. Your time together is valuable.
- Praise your family members when they do well.
- Provide plenty of opportunities for SUCCESS!
- Laugh often and have fun together as you **Work On Wellness—WOW!**



## National "Breast Cancer Awareness" Month

### October 17 is National Mammography Day



Did you know that the earlier breast cancer is detected, the less invasive the treatment and the better the likelihood of surviving the disease?

When you reach 40 you should begin regular mammography screening, taking advantage of the coverage offered by your health insurance. If you know a woman without insurance, the Centers for Disease Control has a program that offers free mammography screening to eligible women over 40 all over the country. Their toll-free number is 1-888-842-6355.

Current estimates are that if every woman over the age of 50 had her yearly mammogram, breast cancer deaths in this age group would drop by 25% or more. That's why The [National Cancer Institute](#) recommends women over the age of 50 should schedule a mammogram every year and women over 40 should plan on the screening on a 1- to 2-year basis, depending on their personal and familial risk factors.



The majority of women diagnosed with breast cancer have no family history of breast cancer, but because the risk of breast cancer increases with age, you should do the following three things:

- CBE (clinical breast exam with your doctor)
- BSE (breast self-exam)
- Mammography

Excerpts from Zora K. Brown, founder and chairperson, of the Breast Cancer Resource Committee

## Assessing My Health Needs

Do you have a lifestyle habit that is hurting your health? What will it take to motivate you to change?

Take the [Living Smart Quiz](#)

This is #5 in a series of articles on the "Living Smart Quiz" by the American Cancer Society.

- Click on the "Quiz" link.
- Print a copy.
- Answer "yes" or "no" for the 12 lifestyle behaviors.
- Total the "yes" answers.
- "How do you rate?:"

Diet Alert! 0-4 "yes"  
Not Bad! 4-8 "yes"  
Good for You! 9-12 "yes"

Look at your NO answers and ask yourself, "what one thing can I do differently starting today to improve my health?"  
**Work On Wellness—WOW**

## Be a "Self-Changer": I'm in it for a lifetime!

The "[Stages of Change](#)" is a journey in wellness. The first step along the journey of change is to know the stage you are in. Dr. Kimberlydawn Wisdom, Michigan's first surgeon general, wants to get Michiganians moving. In line with this, we are going to use "physical inactivity" as the life-

style behavior to change. When you do the QUIZ, use **Regular Exercise, particularly WALKING**



as the behavior you are seeking. Click here for the

"[Stage of change QUICK assessment](#)". Determining the [stage of change](#) is critical to successful change. Change is stage-dependent; identifying where you are determines which step you need to take next. The cycle must be completed before there is a lifestyle healthy behavior.

## Personal Stories

### MDS is WOW

Since 2001, the Michigan Department of State has placed "Health and Safety Tips" on the department's intranet, the SOS Insider, on a monthly basis. These tips contain sound health, safety and/or security messages. The site is easily accessible and employee feedback is very positive. In August of 2001, a "Give Your Life a Physical" program was held, featuring:

- E-mail articles
- Speakers
- Exhibit booths
- Demonstrations and interactive activities (such as massages)
- Body Mass Index
- Blood pressure readings
- Representatives from various state and local health organizations

The event lasted for a week and was publicized on the Insider four weeks prior and during the activities. Event schedules were also posted and, post-event, digital photos of activities were available for intranet viewing.

"Give Your Life a Physical II" will be launched in September. Along with many of the above events, it will feature an "Employee Participation Day" including:

- Hula hoop contest
- Frisbee picnic
- Healthy lunches
- Folk music
- Bone density testing

Congratulations to Department of State employees for  
Working On Wellness

Many more activities are still in the planning stages.

#### What worked BEST for you?

You are invited to [share your personal story](#) (200 words or less) [about how you improved your eating and exercise habits](#); or [share a story about your worksite wellness group activities](#).

With your consent, we may use your story in one of our newsletters.

If you would like us to use your name or a digital picture, let us know.

All e-mailed stories will be regarded with the highest level of confidentiality.

[Grant permission](#) to use your personal or worksite wellness

*We hope you will contact us and share your personal or worksite wellness story.*

*Let us know if you are a worksite wellness coordinator*

Employee Health and Wellness e-mail: [MDCS-WOW-WorkingOnWellness](mailto:MDCS-WOW-WorkingOnWellness)